



Your Team 15 for today is all about the relationship circle . A relationship circle is a great tool to help us identify the important people in a person’s life, and to think about how close each of those relationships is. It also helps us to look at the balance between family and friends, and paid and unpaid people in somebody’s life. It helps us to see more clearly where we need to actively support somebody to increase the number and depth of their relationships with people, if that’s what they want to do.

In order to develop a relationship circle, we start by placing that person right in the center of the circle and write the names of those people that they know around them, with the most important people closest to them. We place people in four categories – family; school, work or education; a section for friends; and a section for paid support - that’s anybody that’s paid to be in that person’s life, like a hairdresser or a doctor. Remember that for some people, this can be difficult, so you might want to use things like photograph albums or social networking sites to help start that conversation off or, indeed, find other ways of finding out who those people are if that person doesn’t use words to communicate.

What you will be doing is thinking about your relationship circle, and talking to somebody else in the group about the important people in each other’s lives.